

Burnout among medical and health science information professionals supporting systematic review research: An exploratory study

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OBJECTIVE

The aim of this exploratory study is to address the gap in the literature related to burnout among information professionals who support systematic review (SR) research.

METHODS

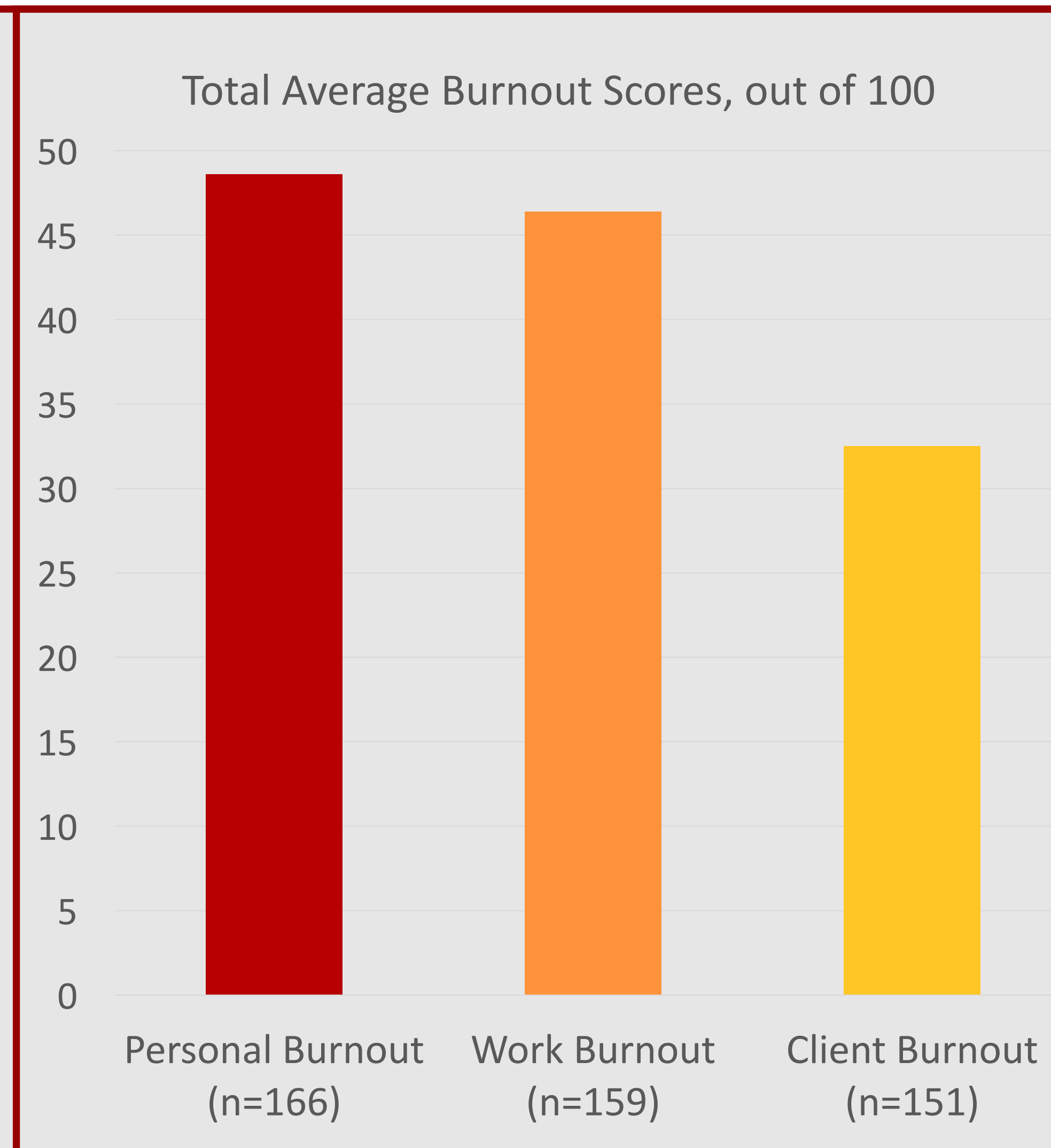
The Copenhagen Burnout Inventory (CBI), a validated tool for assessing burnout, was sent to information professionals supporting SR research. A broad range of health sciences/medical librarians and information professionals were targeted via professional listservs and news outlets. Questionnaire responses were captured electronically using Qualtrics Survey Software and quantitative analysis was performed.

RESULTS

Respondents experienced an average personal burnout score of 48.6, work-related score of 46.4, and client-related score of 32.5. Those who reported spending >80% of their job duties on SR work saw significantly lower total average burnout (28.6) than those who devoted less time to SR work (between 42 and 45). They also averaged much lower personal burnout (31.5) and client-related (19.4). For complete data set, please visit: <https://ecommons.cornell.edu/handle/1813/60390>.

CONCLUSION

The data suggest that with dedicated time solely for SR work, there is less burnout. When job duties are varied outside just SR work, with less time to devote to a heavy burden, there appears to be slightly higher burnout. This study provides groundwork for further investigation with the aim of potentially developing approaches to combat burnout in this professional population.



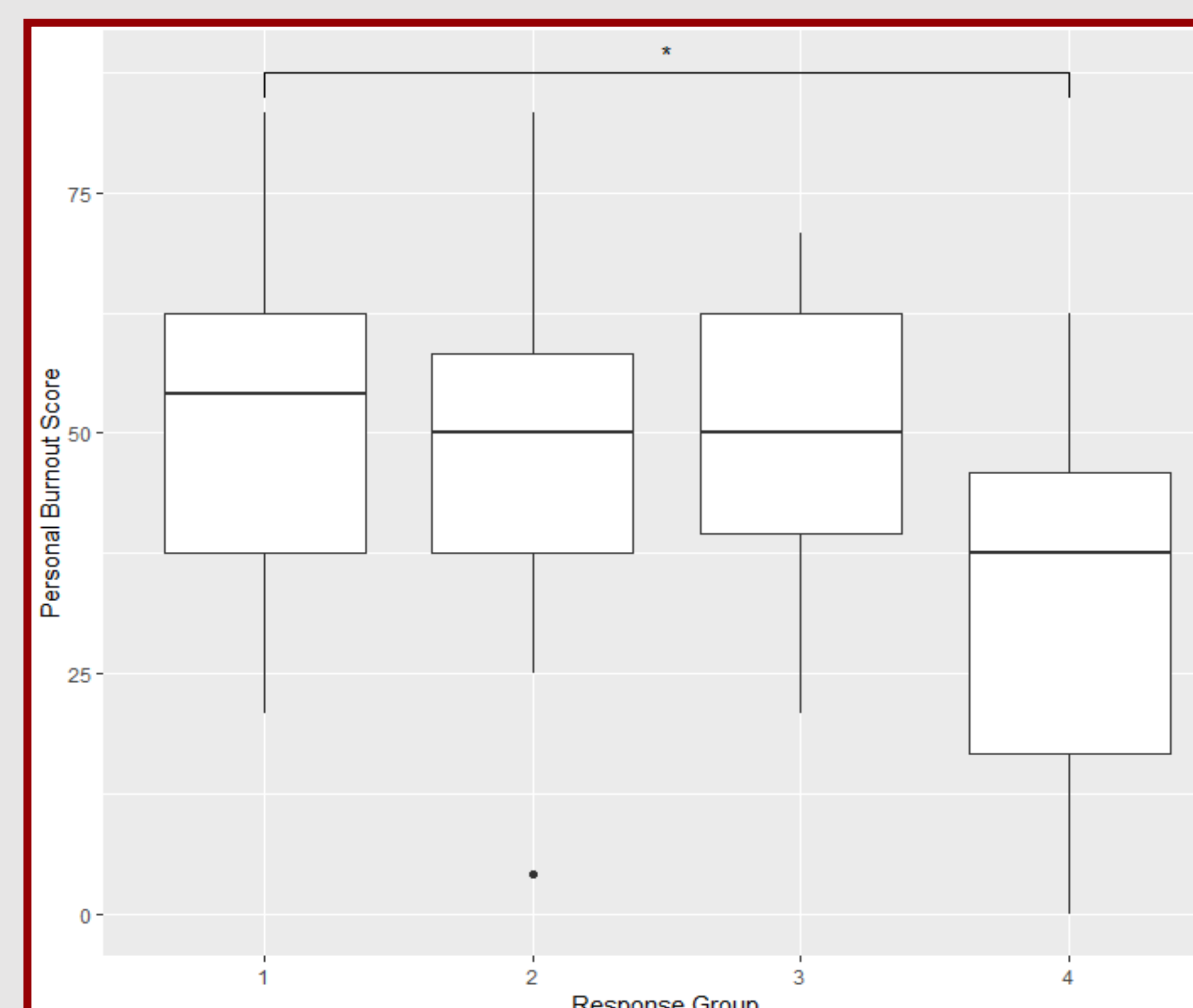
81.3%

of respondents answered at least "somewhat" when asked if SR work is emotionally exhausting

83.7%

of respondents answered at least "sometimes" when asked if they feel worn out at the end of the working day

	Personal Burnout	Work Burnout	Client Burnout	Total Average
Percentage of time				
< 10 % (N=47), Category 1	50.9	48.3	36.5	45.2
10-50 % (N=68), Category 2	48.8	46.1	32.1	42.3
50-80 % (N=19), Category 3	50.2	47.9	30.3	42.8
> 80 % (N=9), Category 4	31.5	34.9	19.4	28.6



Personal Burnout for: "What percentage of your job duties is devoted to systematic review work?" Statistical significance with $p=0.0075$ was found between those spending < 10 % (Group 1) of time on systematic reviews and those spending > 80 % (Group 4).

63.3%

of respondents answered at least "somewhat" when asked if they feel they give more than they get back when working with clients